Arts and Crafts, Activity, and Game Pages

(Prepared by Lucas County Board of DD Senior Supports Committee for our web page resources.)

Pages with Craft and Activity Ideas

https://www.instructables.com/

https://www.lilblueboo.com/

https://dailycaring.com/

https://tipnut.com/

www.lollyjane.com

www.momluck.com

www.momfoodie.com

https://www.instructables.com/

www.makeavisionboard.com



Coloring Pages

https://www.artofjustus.com/free-coloring-book-pages.html

https://www.crayola.com/featured/free-coloring-pages/

https://www.justcolor.net/

https://topcoloringpages.net/

http://www.supercoloring.com/sections/coloring-pages

http://coloring-4kids.com/

https://www.freeprintablecoloringpages.net/

Word Search

https://thewordsearch.com/



BRAIN-BUILDING RESOURCES



BrainHQ

BrainHQ is your online headquarters for working out your brain. Think of it as a personal gym, where you exercise your memory, attention, brain speed, people skills, intelligence and navigation instead of your abs, delts, or quads. Just as our bodies require care and exercise over the course of life, so do our brains. BrainHQ provides the exercise your brain needs to be at its sharpest. A 30-day trial is free, then subscriptions range from \$8 to \$14 per month

For full site click the link:

https://www.brainhq.com/?utm_source=google&utm_medium=cpc&utm_campa ign=brand&utm_content=9892976841%2B431881898347&utm_term=cognitive% 20games&gad_source=1&gclid=Cj0KCQiAgqGrBhDtARIsAM5s0_mEbS50S5hO7hch nhK9tdNzivFoWKipQXpQseVfBI4qpvk0dH5KWccaAhJyEALw_wcB&v4=true&fr=y

Lumosity

<u>Lumosity</u> is a popular online brain training platform that offers a variety of games that test your memory, concentration, problem-solving skills, and more. With the free version (no purchase required), you can play three brain games a day. You can upgrade to a paid subscription for more.

For full site Click Link: https://www.lumosity.com/en/

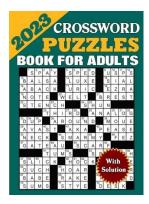
7 of the BEST ADULT BRAIN-BUILDING PUZZLES

- 1. Sudoku
- 2. Scrabble or Crossword Puzzles
- 3. Lumosity
- 4. Chess
- 5. Jigsaw Puzzles
- 6. Matching Card Games
- 7. Mario Kart

For full site Click Link:

https://www.completingthepuzzle.com/blog/7-best-brain-games-for-adults

Puzzles (some of these are free, some require a subscription)



https://www.npr.org/series/4473090/sunday-puzzle

https://gamesmagazine-online.com/category/puzzles/

https://www.hos.com/home

https://www.wgte.org/radio/local-radio-programs/jazz-spectrum





OTHER GAMES

Mah-jongg (Mahjong)



Mah-jongg offers cognitive, social, physical and mental, benefits for seniors, as well as stress relief. Yoshiro Katsuura, an orthopedic spine surgeon and author of *The Spine Encyclopedia*, who treats many older patients, says, "The ability to quickly solve and respond to different problems deteriorates as people grow older. Participating in games of strategy like mah-jongg can be protective against this decline. Meaningful, intellectually stimulating social engagement prevents the depression of isolation."

Read more at AARPethel.com and dovemed.com

Play mah-jongg online free here.

OuiSi (Pronounced "We-See")



Includes Original, Nature, and Getty Museum versions

https://shop.ouisi.co/pages/memory-care

Intuitive visual games designed to stimulate and captivate individuals with AND without dementia, foster a low-stress environment, and encourage understanding and creativity while bridging generations and sparking meaningful conversations (with or without words).

Qwirkle (somewhat like Dominoes or Rummy)

https://www.ultraboardgames.com/qwirkle/qwirkle-rummy.php

https://alzheimersactivities.wordpress.com/2014/05/28/play-qwirkle/



Pinball

Pinball can benefit those with dementia!

Click here to read about what the benefits are, as well as where to play pinball in the Toledo area.

Click here for some pinball history.

Jeopardy! Trivia Games

https://www.jeopardy.com/games-more